

VIRTUAL SITTING VOLLEYBALL (Y3-6)



ENTRY DATES & HOW TO ENTER

Document Version: **2**

- Intention to Enter:** **Friday 30th April 2021**
- Submit Entry:** **Friday 9th July 2021**
- i. Deadline for School Games Organisers to submit their ITE to London Youth Games via survey.
 - i. Deadline for School Games Organisers to submit their school and overall participation information.

For schools competitions the School Games Organiser will co-ordinate entries. Entries are submitted online.

TEAM INFORMATION

- Age:** Primary **Likely School Year:** Y3-6
- Gender:** Mixed
- Team Size:** This is a participation event. We encourage as many young people in your borough to take part as possible.

COMPETITION INFORMATION

- Competition Intent :** To engage new audiences
- Competition Format:** There is not a strict format to this virtual event. The format below should be used as a guideline and school can adapt where needed.
- Final Positions:** London Youth Games will share an overall London-wide participation leader board.

SUGGESTED SPACE, KIT & EQUIPMENT

We appreciate schools have varied provision, therefore the details of equipment and space below are suggestions. Schools are encouraged to use alternative resources if those listed below are unavailable to them.

- Space:** Ideally this should be delivered in a Sportshall with line markings already laid down. However, sitting volleyball can be delivered anywhere that is safe and allows students to socially distance where needed.
The playing area can be made smaller or larger depending on space available.

- Kit & Equipment:**
- Soft balls (e.g beach balls, balloons)
 - Volleyballs
 - Throw Down Lines (Markers), targets, hoops
 - Volleyball net

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Equipment: A game can be played with any size ball to adapt to ability. A net is not required, you can adapt games e.g., balls must go above head height before hitting the targets. Other equipment can be used to replace a net.

SPORT SPECIFIC GUIDELINES

The activities and game below can be adapted in any way to accommodate all individuals.

The number of students taking part in each activity and team can be adapted to accommodate all pupils and school bubbles.

SITTING VOLLEYBALL ACTIVITIES

Keepy Uppy (5-10 minutes)

- You will need a variety of different soft touch balls (e.g. beach balls, balloons)
- Each player will need enough space to reach the balls.

Aim

- The aim of the game is to keep the ball up as long as possible before it hits the floor
- Record how many successful hits as you go before the ball hits the floor
- Try to work as a team to keep the ball up
- You can make the game harder by making a sequence or increasing the area space.

Hit the Circle (10-15 minutes)

- You will need to create a target (1-3 metres wide) this can be marked with tape, hoops, marker discs, existing court markings or any equipment available
- 3-4 individuals can be positioned seated around the target or each person has their own target

Aim

- The aim of the challenge is to successfully hit the target by serving, volleying, or digging
- The players will aim to hit the target 3 times consecutively for each skill
- Try to ensure the ball travel upwards (above head height) on the way to the target.

Spike to Score (15-20 minutes)

- Players sit on side of the volleyball net (minimum 1 metre tall).
- On the other side of the net mark out on the floor 4 targets.

Aim

- The aim of the challenge is to score as many points as possible in 3 attempts
- The players will spike to the ball over the net aiming to hit one of the targets. Their score will depend on which target they hit.
- To start the ball should be feed to the player by a serve or underarm feed – be sure to adhere to COVID-19 guidelines – clean each ball for each new player and the feeder can wear gloves.
- The challenge can be adapted by making the target area smaller or larger dependent on ability.

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SITTING VOLLEYBALL GAME (15-20 minutes)

- To progress from the activities above you can go onto playing a competitive game.
- The sitting volleyball game can be adapted to accommodate all individuals. This may include the space, number of players or equipment.
- Please find the rules and information on how to set up and play Sitting Volleyball [Here](#).

RECORDING PARTICIPATION

1. Schools will be required to submit a [Participation Spreadsheet](#) to their SGO's recording their overall school participation in the Virtual Sitting Volleyball.
2. SGO's will be then required to submit their Overall Borough Participation to LYG by the deadline.